

White Heron Sangha Sunday Program Schedule Summary Fall 2019

*Unless otherwise indicated, meetings are held Sunday evenings at 6:00pm at
White Heron Sangha Meditation Center, 6615 Bay Laurel Pl, Avila Beach CA 93424*

*On the first Sunday of each month we have an optional Refuge Ceremony beginning at 5:30.
On other Sundays you are invited to arrive any time after 5:30 for socializing.*

NOTE: Late changes may not be reflected here. Always consult the online events calendar for up-to-date information, additional details, and information about our other offerings such as classes and mid-week sittings.

September

1 SUN *(5:30 pm optional Refuge Ceremony)*
"Sangha Salon: The Dharma" - small group discussions

8 SUN "What is This Thing Called Self?" - talk by Michael Moran

15 SUN "Metta and Peta" – talk by Stephen Marx

22 SUN A Musical Celebration of Harmony and Equanimity

29 SUN White Heron Sangha Annual Picnic, 4PM at Meadow Park in SLO
– No Sunday evening program -

October

6 SUN *(5:30 pm optional Refuge Ceremony)*
"Abstaining" - talk by Mike McGee

13 SUN TBA

20 SUN "Reggie Ray and the Dharma Ocean Lineage" – talk by Alice Reinheimer

27 SUN Way Seeking Talk by Wendy Liepman

November

3 SUN *(5:30 pm optional Refuge Ceremony)*
Sharing the Dharma – bring a reading

10 SUN "Secular Buddhism" – talk by John Dilworth

17 SUN "Integrating Vipassana and Vajrayana Practices" – talk by Mick Malotte

24 SUN "Reflections from a One-Month Retreat" – talk by Susan Quinones
